

Free Demo Classes

January 2015

Happy New Year!

Treat yourself to a free fitness class.

Classes are free. Registration is required.

Register early to avoid cancellation.

<u>Class</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Course Number</u>
20/20/20 Fitness	Monday, January 5	6:15 pm	Thomas Farm Community Center	49653
Wake-up Work-out	Tuesday, January 6	7:30 am	Thomas Farm Community Center	49843
Power Sculpt	Tuesday, January 6	6:30 pm	Twinbrook Comm. Recreation Center	49705
Zumba Dance Fitness *for all ages and levels	Wednesday, January 7	7:30 pm	Rockville Senior Center	50561
Glow - Fitness	Wednesday, January 14	6:30 pm	Twinbrook Comm. Recreation Center	49143